

Earn miles wherever you
see the name:

Walk 4 Freedom

ASK about earning bonus and double miles for participating in activities with the following agencies:

Army Community Service

Family Advocacy (ACS)

Chaplain Services

Red Cross

MWR Sports & Fitness

MWR DCA Events

Community Health Nursing

Library

Health Promotion

Outdoor Recreation

Youth Sports

Family Readiness Groups

New Parent Support Program

AAFES

DeCA

WHY SHOULD I PARTICIPATE IN OPERATION WALK 4 FREEDOM?

The program is based on the 10,000 steps a day to better health concept. There are several significant benefits to you by increasing your level of physical fitness

Health Benefits include

- Stress management
- Positive Attitude
- Decrease risk factors associated with preventable diseases (heart disease, stroke)

Increase Work Performance

Decrease chance of illness or injury as a result of regular exercise

Get a free fitness assessment

Great Incentives

- Pedometers
- T-shirts
- Certificates
- Water bottles
- Community recognition and more!

Get involved in your FRG

Make friends

Support the Troops

Challenge yourself

You could be famous (at least on post)

USACHPPM-EUR
Health Promotion Office
DSN 354-6793
CIV 09721-96-6793



*A one-year wellness initiative for
everyone in the USAG Bamberg
communities
in support of deploying units*



Operation Walk 4 Freedom

Program Basics

WALK 4 FREEDOM is a community wellness initiative established to foster support for everyone affected by the deployment. Its implementation and maintenance is a collaborative effort of USACHPPM-EUR USAG Bamberg, and participating tactical units.

The **objective** is to accumulate enough miles to equal the distance to Afghanistan, or Iraq, or wherever your loved ones or friends may be deployed, through walking and other activities.

WALK 4 FREEDOM enhances the physical, spiritual and emotional health of community members during the deployment. It emphasizes the benefits of a more active lifestyle, creates a spiritual connection with those deployed, and increases overall community connectedness.

Participants can register as individuals, families, Family Readiness Groups, or other groups. Registration for the program begins June at OWF Fitness Assessments (at the Freedom Fitness Center).

All community members can participate and make full use of the many community resources offered by MWR and others. This is a great program for family and group participation; all ages can work toward the goal and earn miles. Every effort toward the goal will contribute to improved health.



The journey from Germany to Afghanistan is approximately 3045

Fitness Assessments : June: 12th, 900-1200; 13th, 1200-1500, 14th, 0900-1200

Location: Freedom Fitness Center

Your questions answered.....

What do I have to do? Accumulate the miles between Germany and Afghanistan; approximately 3,045 one way and 6,090 round trip. Or accumulate miles to Iraq; approximately 2,000 one way, or 4,000 round trip. You can wear a pedometer and log every step you take each day. 10,000 steps a day are recommended for



basic health, which equals approximately 6 miles.

How do I get started? Register through your FRG POC, or through the USAG Bamberg Health Promotion Office.

When can I start logging miles?

You can begin to log your miles on 1 June 2007. Miles are accumulated between 1 June 2007 and 30 June 2008.

Do physical activities other than walking count toward mileage? Yes! For activities like running or biking, you can log the actual miles. For activity such as: weightlifting, aerobics, tennis, karate, and soccer, you earn 1 mile for every 15 minutes of sustained activity.

Can I get miles for participating in any other activities? Yes. You can earn 1 mile for every 15 minutes of participation in activities geared to improving and protecting your physical, emotional, or spiritual health. For example 4 miles can be earned for each hour of chapel attendance or 4 miles for one hour of participation in a stress management or parenting class.

And, *earn double miles* for participation in community fitness activities (Run/Walks), Volksmarches and other community sponsored events, and bonus miles for others. You'll receive emails notifying you of these events.

How do I keep track of my accumulated mileage? Participants will receive a mileage log and record their mileage daily. For class participation, each agency will stamp the "special" section in the back of your log book. It is recommended that participants total their miles monthly and attend WALK 4 FREEDOM validation events.



Keep your loved ones informed of your progress.

What if I won't be here for the entire year? You can still participate.

How do I get a free pedometer? They will be given to participants who chose to complete an the optional fitness assessment. Participants in this group will be monitored for the entire program and will be assisted with goal setting, fitness and exercise plans. These will be conducted in conjunction with the Civilian Fitness Assessments. Watch for dates or ask the Health Promotion Office.

Who can I contact if I still have questions?

Health Promotion Office
Phone: 354-6793 Fax: 354-6443
E-mail: Bamberg-Health-Promotion@cmtymail.98asg.army.mil